

(Breakthrough, September 1983)

## **REPORT OF CLASSROOM DEMONSTRATION OF HEMI-SYNC®**

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### **METHOD:**

Placement of stereo speakers separated approximately 16 feet in front of class during lecture and discussion during an evening college class. The Hemi-Sync tape *Concentration* was used since it contains minimal instructions and exercises. The tape was played one time for 30 minutes and terminated 10 minutes prior to class ending.

### **RESULTS:**

Marked attention of the class to the subject being discussed (Hemi-Sync methods); excellent rapport between speaker and class and among class members (despite wide range in ages, 19-62, and educational background, one semester of college through post-masters); students displayed minimal body movements and good eye contact; relaxed postures and voice tones when asking questions and sharing personal information. No reports of the tape being disruptive. All class members lingered excessively (30 minutes) after class with marked warm interactions. Several class members first noticed several art works which have been in the classroom one year.

### **CLASS COMMENTS:**

"Very relaxing." "Like listening to a truck running." "Too short." "Let's do it again." I was personally upset before class, but not now." "I'd like to try this with my employees." "My breathing slowed down."

### **RECOMMENDATION:**

Longer tape (90 or 120 minute cassette). Elimination of introduction voice and termination voice.

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